

Sample Snack Menus for the After-School Snack Program

The following ten weeks of menus include ideas for cold snacks. Portion sizes (indicated in parentheses after each menu item) are for ages 6-18 and can be adjusted for ages 3-5. Keep in mind that the minimum serving sizes specified in the meal pattern may not be sufficient for older children, and additional items or increased serving sizes may be appropriate. The *Food Buying Guide for Child Nutrition Programs* should be used to determine specific amounts of food items which meet the minimum required serving size of each meal pattern component.

Snack menus must include **two** of the four snack components (grains/breads, meat/meat alternate, fruit/vegetable and milk). The abbreviation to the left of each menu item indicates the snack pattern component supplied. The following abbreviations are used: GB = Grains/Breads; MA = Meat/Meat Alternate; FV = Fruit/Vegetable; M = Milk; O = Other Food (noncreditable); A = Additional Items (creditable foods served in addition to the minimum required components). Water may only be served as a beverage with those snacks that do not include milk or juice.

NOTE: The use of brand name products does not constitute approval or endorsement by the Office of Child Nutrition. Product names are used solely for clarification regarding serving sizes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GB Graham Crackers ^{1,2} (2 large) M Milk (1 cup)	MA Mozzarella Stick, part-skim (1 oz.) FV Grapes (¾ cup)	FV Carrot Sticks (¾ cup) O with Lowfat Ranch Dip (2 oz.) GB Triscuits ^{1,2} (5)	GB Blueberry Muffin ^{1,3} (2 oz.) FV Orange Juice (¾ cup)	A Celery Sticks (4) stuffed MA with Peanut Butter (2 Tbsp.) M Milk (1 cup)
FV Mandarin Oranges & Pineapple Tidbits (¾ cup) with MA Vanilla Yogurt Topping (½ cup)	GB Animal Crackers, Sunshine ^{1,2} (12) M Milk (1 cup)	FV Apple Slices (¾ cup) with MA Peanut Butter (2 Tbsp.) and A Raisins (2 Tbsp.)	MA Sliced Turkey and Cheese (2 oz.) with GB Crackers ^{1,2} FV 100% Juice Blend (¾ cup)	FV Cucumber and Carrot O Slices (¾ cup) with Low-Fat Dip (¼ cup) GB Bachman Pretzel Thins ^{1,2} (8)
GB Oatmeal Raisin Cookies ^{1,2,3} M Milk (1 cup)	FV Banana (1 medium) GB Wheat Thins ^{1,2} (12)	O Popcorn (2 cups) with MA Shredded Cheese (1 oz.) FV Grape Juice (¾ cup)	FV Carrot Raisin Salad (¾ cup) GB Wheat Crackers ^{1,2}	GB Wheat Bagel ^{1,3} (2 oz.) A with Peanut Butter (1 Tbsp.) M Milk (1 cup)
GB Quaker Apple Cinnamon Rice Cakes ^{1,2} (3) with MA Peanut Butter (2 Tbsp.) A and Raisins (2 Tbsp.)	FV Cantaloupe and Watermelon chunks (¾ cup) GB Sunshine Vanilla Wafers ^{1,2} (8)	GB Zucchini Bread ^{1,3} MA Fruit Yogurt (½ cup)	FV Sliced Peaches in Light Syrup (¾ cup) GB Graham Crackers ^{1,2} (2 large)	A Pasta Veggie Salad with MA Cheese Cubes (1 oz.) GB Whole Grain Roll ^{1,3} (2 oz.)
GB Ritz Crackers ^{1,2} (7) MA Cheese Cubes (1 oz.) A Apple Slices (½ cup)	FV Fruit Salad – Oranges, Bananas, Grapes, Apple, Pineapple (¾ cup) MA Strawberry Yogurt (½ cup) A Granola Topping ⁴ (2 Tbsp.)	GB Golden Cornbread ^{1,3} with O Whipped Honey Butter M Milk (1 cup)	MA Trail Mix with Peanuts A (1 oz.), Raisins (1 Tbsp.) A and Dry Cereal ⁴ (½ cup) FV Orange Juice (¾ cup)	GB Crunchy Bread Sticks ^{1,2} FV Vegetable Sticks – Carrots, Celery, Pepper (¾ cup) with A Herbed Cottage Cheese Dip (¼ cup)

Sample Snack Menus for the After-School Snack Program (continued)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FV Cinnamon Applesauce (¾ cup) with A Raisins (1 Tbsp.) GB Fig Newtons ^{1,2} (5)	GB Assorted Cold Cereal ⁴ (¾ cup or 1 oz.) A Sliced Strawberries (¼ cup) M Milk (1 cup)	MA Fruit Yogurt (½ cup) GB Graham Crackers ^{1,2} (2 large) A Apple Juice (½ cup)	GB Raisin Bread ^{1,3} (1 slice) A with Peanut Butter (1 Tbsp.) and Honey (1 tsp.) M Milk (1 cup)	FV Apple Wedges (¾ cup) MA Cheese Cubes (1 oz.)
GB Goldfish Crackers ^{1,2} (37) FV Choice of Apple, Orange or Grape Juice (¾ cup)	MA Hummus (Chick Pea Dip) (¼ cup) with GB Snack Crackers ^{1,2} and A Carrot Sticks (½ cup)	GB Pumpkin Muffin ^{1,3} (2 oz.) M Milk (1 cup)	FV Garden Salad (¾ cup) O with Italian Dressing (2 Tbsp.) GB Garlic Breadsticks ^{1,2}	O Vanilla Pudding (½ cup) GB Graham Crackers ^{1,2} (2 large) M Milk (1 cup)
GB Nacho Chips ¹ (1½ oz.) MA Shredded Cheese (1 oz.) A Salsa (¼ cup) FV Apple Juice (¾ cup)	FV Pineapple Chunks (¾ cup) GB Rye Crisp Crackers ^{1,2}	GB Chocolate Chip Cookies ^{1,2,3} M Milk (1 cup)	GB Biscuit ^{1,3} with FV Sliced Strawberries (¾ cup) and O Whipped Cream (2 Tbsp.)	MA Chicken Salad (⅓ cup) GB in Pita Pocket Half ¹ with A Shredded Lettuce and A Tomato (¼ cup)
GB Bagel ^{1,3} (3 oz.) with O Cream Cheese (1 Tbsp.) FV Pineapple Juice (¾ cup)	GB Hard Pretzels ^{1,2} MA Cheese Cubes (1 oz.) A Red Grapes (¼ cup)	FV Raw Broccoli and Cauliflower (¾ cup) O with Lowfat Dressing (2 oz.) GB Crackers ^{1,2}	GB Soft Tortilla Shell ¹ with MA Refried Beans (¾ cup) and Cheese (½ oz.) A Lettuce and Tomato (¼ cup)	FV Applesauce (¾ cup) GB Sunshine Gingersnaps ^{1,2} (8)
MA Ham (1 oz.) and Cheese (1 oz.) wrapped in GB Soft Tortilla Shell ¹ FV Orange Juice (¾ cup)	GB Applesauce Raisin Cake ^{1,3} M Milk (1 cup)	GB Soft Pretzel ^{1,3} (2 oz.) FV Apple Juice (¾ cup)	A Peanut Butter (1 Tbsp.) and Jelly (½ Tbsp.) on GB Wheat Bread ¹ (2 slices) M Milk (1 cup)	GB Waffle ^{1,3} topped with O Frozen Yogurt (½ cup) and A Berries (¼ cup) FV Apple Juice (¾ cup)

¹For all **purchased** grains/breads, check product labels to ensure that the weight of the serving meets the minimum weights specified in “*Serving Sizes for Grains/Breads in the After-School Snack Program.*”

²To be creditable, cookies (including granola bars and cereal bars) and crackers (including pretzels, rice cakes and breadsticks) must contain enriched or whole-grain flour and/or bran or germ. The appropriate serving size for specific types and brands of cookies and crackers is indicated in the product lists found in *Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program* (Office of Child Nutrition, January 2003). If a particular brand or type of cookie or cracker is not found on the list, whether the product is creditable and the appropriate serving size can be determined using the “*Worksheet for Crediting Purchased Grains/Breads in the After-School Snack Program.*”

³For **products made from scratch**, serving sizes are based on the grains and/or cereal content of the recipe. To count as a serving of grains/breads, recipes for homemade products must contain a sufficient amount of flours (including bran and germ) and/or cereals to meet the minimum required amount per serving of the item. This information must be determined by using the worksheet “*Determining the Grain/Bread Servings in a Recipe.*”

⁴Cereals containing 36 per cent or more sugar per serving are not recommended. A list of creditable cereals is contained in *Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program.*